1.	An storage unit for dispensing containers in a selectively cascading first-in, first-o	ut
man	ner, the storage unit comprising:	

- a receiving area configured to receive containers;
- a dispensing area configured to provide containers;
- a storage track configured to convey containers from the receiving area to the dispensing area; and
- a selectively engageable stop configured to hold containers at the dispensing area if the selectively engageable stop is engaged.
- 2. The unit of claim 1, wherein the selectively engageable stop is further configured to pass containers from the dispensing area to another storage unit if the selectively engageable stop is disengaged.
- 3. The unit of claim 1, wherein the selectively engageable stop is further configured to redirect containers from the dispensing area to a storage track of a cascaded storage unit.
- 4. The unit of claim 1, wherein the receiving area and the dispensing area are arranged such that the dispensing area of a first stacked storage unit substantially overlaps with the receiving area of a second stacked storage unit.
- 5. The unit of claim 1, wherein the storage track is configured to convey specific containers selected from the group consisting of barrels, bottles, boxes, cans, cartons, casks, crates, drums, jars, kegs, packages, sacks, tins, and tubs.
- 6. The storage unit of claim 1, wherein the storage track comprises a receptor track member configured to convey containers from the receiving area and a provider track member configured to convey containers to the dispensing area.

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6	horizontal.
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8	9. The storage unit of claim 6, wherein at least one of the track members is selected from
9	the group consisting of a shelf, a conveyer belt, and rollers.
10	
11	10. The storage unit of claim 6, wherein at least one of the track members comprises at least
12	one fillet.
13	
14	11. The storage unit of claim 1, wherein the selectively engageable stop comprises a
15	member selected from the group consisting of a slat, a panel, a pin, and a latch.
16	
17	12. The storage unit of claim 1, wherein the selectively engageable stop is removable.
18	
19	13. The storage unit of claim 1, wherein the selectively engageable stop is pivotally attached
20	to the storage track.
21	
22	14. The storage unit of claim 1, wherein the selectively engageable stop is electronically
23	actuated.
24	
25	15. The storage unit of claim 1, wherein the selectively engageable stop further comprises a
26	spring.
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The storage unit of claim 6, further comprising a redirection member configured to

The storage unit of claim 6, wherein at least one of the track members is nearly

redirect containers from the receptor track member to the provider track member.

7	further configured to hold the storage track in an inclined position.
8	
9	19. A method for dispensing containers in a selectively cascading first-in, first-out manner,
10	comprising:
11	receiving a container on a storage track; and
12	holding the container to prevent the container from passing to another storage unit
13	vertically aligned with the storage track if a selectively engageable stop is engaged.
14	
15	20. The method of claim 19, further comprising passing the container to another storage unit
16	vertically aligned with the storage track if a selectively engageable stop is disengaged.
17	
18	21. The method of claim 19, wherein selectively engaging a stop further comprises
19	electronically engaging the stop.
20	
21	22. The method of claim 19, wherein placing a container on the storage track comprises
22	using a mechanical device to place a container on a track.
23	
24	23. A storage unit for dispensing containers in a selectively cascading first-in, first-out
25	manner, the storage unit comprising:
26	means for conveying containers to a redirection member:

member configured to adjust the height of the storage track.

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16. The storage unit of claim 1, wherein the selectively engageable stop is counter balanced.

17. The storage unit of claim 1, further comprising at least one track height adjustment

18. The storage unit of claim 17, wherein the at least one track height adjustment member is

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and

unit.

means for conveying containers from the redirection member to a dispensing area;
means for selectively passing containers from the dispensing area to another storage